



Fit Business Tips of the Month

NOVEMBER

November is the right time to give thanks for the cornucopia of fresh and delicious fruits and vegetables that are available year round in California. In fact, you can liven up your holidays in a healthy way by adding locally grown produce into your favorite dishes and taking time to enjoy physical activity everyday.

This month's Fit Business Tips offer quick and simple ideas on how to include fruits and vegetables in your holiday menus. You'll also learn more about the tasty, nutrient-dense kiwifruit and vibrant, flavorful eggplant.

QUICK AND SIMPLE TIPS

- **Snack on fruit: satisfy your sweet tooth naturally.** Instead of relying on unhealthy sweets this holiday season, play it smart by having yummy bite-size fruits, such as grapes, kiwifruit, raisins, or dried apricots, available at work and at home.
- **Spice up your menu!** Spice up your meals by adding seasonal delights such as roasted pumpkin, eggplant, dried currants, or cranberries to the menu. These fruits and vegetables are not only healthy but are tasty products of the Fall season.





November's Fruit of the Month

KIWIFRUIT

Health Benefits

Despite being about the size of an egg, kiwifruit is considered the most nutrient-dense of all major fruits. Just one serving of kiwi packs more potassium than a banana and more Vitamin C than an orange. In addition to being high in Vitamin C and a good source of potassium, kiwifruit are also a good source of magnesium and fiber. Including kiwifruit in your low fat diet along with a colorful variety of fruits and vegetables will help you to maintain a lower risk of some cancers, vision health, and strong bones and teeth.

Selection

Select firm, unblemished fruit. The size of the fruit does not affect taste. Press the outside of the fruit with your thumb. If it gives to slight pressure, the kiwi is ripe. If you apply pressure and the kiwi feels hard, it's not ready to eat.

Storage

A kiwi will keep for several days at room temperature and up to four weeks in your refrigerator. To ripen a kiwi, place it in a vented plastic bag with an apple or a banana and leave it out on the counter for a day or two.

Preparation Ideas

Portable, lightweight and neat, kiwifruit is the ultimate snack. Take it on hikes, picnics, ski trips, or to the beach. Dip sliced kiwifruit in plain or vanilla yogurt as a light appetizer.

FEATURED KIWI RECIPE: FRUIT SALAD RECIPE

Ingredients

- ½ cup sliced kiwifruit
- ½ cup sliced banana
- ½ cup chopped apple
- ½ cup grapes
- ½ cup orange juice

Preparation

1. In a medium bowl, mix all ingredients.
2. Serve.

Makes 4 servings. ½ cup per serving.

Nutrition Information Per Serving

Calories 119, Carbohydrate 30 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 6 mg, Dietary Fiber 5 g

Recipe courtesy of *Healthy Latino Recipes Made With Love*,
California Latino 5 a Day Campaign





November's Vegetable of the Month

E G G P L A N T

Health Benefits

Eggplant is a good source of folate. Including eggplant in your lowfat diet along with a colorful variety of fruits and vegetables will help you maintain a lower risk of some cancers, urinary tract health, memory function, and healthy aging.

Selection

Colors, shapes, and sizes vary; the most common variety is pear-shaped with glossy, deep purple skin. Choose a firm, smooth-skinned eggplant that is heavy for its size; avoid those with soft or brown spots.

Storage

Store in a cool, dry place. If longer storage is necessary, place the eggplant in a refrigerator crisper drawer. Eggplant stored in a cool, dry place lasts up to two days. Refrigerated eggplant can last for up to four days.

Preparation Ideas

Wash before cooking. Slice or chop, peel or leave unpeeled. Eggplant can be steamed, sautéed, baked, roasted or grilled. Add it to salads, pasta dishes or stir-fry.

FEATURED EGGPLANT RECIPE: SAUTÉED VEGETABLE PITAS

Ingredients

1	small onion, peeled and diced	1	red bell pepper, cut into thin strips
1	cup chopped eggplant	¼	cup light Italian dressing
½	cup sliced mushrooms	2	whole wheat pita breads
1	medium yellow bell pepper, cut into thin strips	⅓	cup shredded part-skim mozzarella cheese

Preparation

1. Cook onion and eggplant in nonstick skillet over MEDIUM heat until soft, about 5 minutes.
2. Add mushrooms and bell pepper; cook and stir for about 5 minutes more or until the vegetables are crisp tender.
3. Remove from heat and stir in dressing.
4. Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half; top with cheese.

Makes 4 servings. ½ pita per serving.

Nutrition Information Per Serving

Calories 137, Carbohydrate 20 g, Protein 6 g, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 5 mg, Sodium 272 mg, Dietary Fiber 3 g

Recipe courtesy of *Discover the Secret to Healthy Living, California 5 a Day—for Better Health! Campaign*

